A. Course Description

This one-credit course provides graduate students with the opportunity to prepare for and to meet with legislative staff, executive branch personnel, directors of government agencies and staff of public interest and industry groups to obtain current policy information on food, nutrition, and related-health issues. By conferring with key personnel in small interactive groups, students will be able to ask pertinent, in-depth questions and to make contacts to build future working relationships. This course is conducted through lecture, discussion, and small group panels.

Sessions
1. Wednesday, October 1, 2014, 9-9:50am, 228 Rosenau
2. Wednesday, November 19, 2014, 9-9:50am, 228 Rosenau
3. Monday, January 5 through Wednesday, January 7, 2015
   Meeting places in Washington, DC as indicated on DC Agenda (to be distributed in Nov)

B. Objectives of the Course

Upon completion of this course, students will be able to:
1. Discuss current national issues in food, nutrition, and health from various political, administrative and advocacy perspectives.
2. Discuss roles of legislative, executive, and public interest groups in developing and implementing food, nutrition, and health programs and services.
3. Discuss legislative and regulatory processes and how to be an effective advocate for nutrition and health at the national level.
4. Become familiar with professional opportunities on the national and international scene.
5. Become familiar with available resources for consultation, training, funding, and nutrition education materials from federal/national agencies.

C. Course Requirements

1. Contributions to class blog:
   - First blog period
     - Entry/submission based on assigned topic – due by Oct 19th, 2014
     - Discussions & comments on assigned topics – due by Nov 2nd, 2014
     - Discussions & comments on other topics – due by Nov 2nd, 2014
   - Second blog period
     - Entry/submission based on assigned topic – due by Nov 16th, 2014
     - Discussions & comments on assigned topics – due by Nov 30th, 2014
     - Discussions & comments on other topics – due by Nov 30th, 2014
   - Reflections from DC trip – due by Jan 18th, 2015
2. Attendance and active participation in the seminars in Washington DC from **January 5-7, 2015 (Mon-Wed)**.
3. Course evaluation due to Shu Wen Ng by **January 25, 2015 (Sun)**
4. Late policy: deduct 5 pts if one day late; after that, deduct 5 pts for each 5 days late.

**C1. Additional information on the Nutrition Policy class blog**

Students will be contributors to a class blog via [https://nutr735.web.unc.edu](https://nutr735.web.unc.edu) called Nutrition Policy covering different topics, starting from our first meeting on Oct 1, 2014 through Jan 2015. There will be two periods of blogging & discussion prior to the DC trip, and students should continue blogging throughout and after the DC trip as well.

The topics, readings and discussion questions for the first blog period will be posted under **Hot Topics** by Sept 25th, 2014. Each student will be grouped with 4-6 other students to read, learn and blog about a specific topic based on the resources and discussion questions provided. Please comment on the entries made of the other students in your topic/group. Each student will also be assigned to comment and jump into the discussion of another topic/group, and are welcome to jump into the discussions of topics not assigned to them. In other words, for each blog period each student should complete **at least** 1 blog entry in their assigned topic/group, 1 comment on the blog entry of someone in their assigned topic/group, and 1 comment on the blog entry of someone in a different topic/group (also pre-assigned).

Blog entries should be 500-750 words long, include hyperlinks/citations to other pertinent resources, and graphics/photos/charts/cartoons to make their point. Blog entries should not simply summarize or reiterate what you read, but should be a synthesis or reflection of what you learned, agreed or disagreed with. Be creative and have fun, but also craft your argument well. Those leaving comments should provide thoughtful responses to the points made by the contributing blogger and should be 150-300 words long. Feel free to continue discussion threads as well, and look up additional resources under **Good Reads**. Please be respectful and professional in your language and tone, and recognize that it is important to agree to disagree. This is a publically accessible blog and you are representing UNC. It is also recommended that you do **not** put any personal information including your contact information on the class blog.

The topics, readings and discussion questions for the second blog period will be posted by **Oct 30th 2014**.

**Topics we will cover this year will likely include:**

- Childhood nutrition and nutrition education
  - Pew’s Healthy Foods Project
  - USDA initiatives and school regulations
  - WIC policies and childcare
  - Local DC Healthy Tots implementation
- Fighting Obesity
  - Let’s Move!
  - SWEET Act (2014) introduced by Rep Rosa DeLauro
  - Behavioral economics
  - Updates on obesity/NHANES monitoring
- International nutrition – addressing non-communicable nutrition related diseases
  - Combating the dual burden of under- and over-nutrition
  - International preventive health efforts
  - Prenatal and material health and nutrition (SUN movement)
- Implementing the Affordable Care Act (Obamacare): effects on nutrition-related services?
  - ACA Exchanges overview
  - AND role
  - National Prevention Strategy
• Nutrition Labeling: regulations, proposals & implementation
  - Proposed FDA revisions to nutrition labels
  - COOL (country of original labels) requirements
  - Menu labeling
  - GMO labeling
• Dietary Guidelines
  - Coming up with dietary guidelines
  - Where do process foods fall into dietary recommendations?

During or after the DC trip (by Jan 18th, 2015), each student is expected to post a blog entry (500-750 words) reflecting upon your experience. This can include what you learned, skills or insights into specific topics covered or areas in which you have further interest or need to do additional work. Don’t forget to share pictures as well!

C2. Additional information for Trip to Washington, DC
1. Dates: January 5, 8:30am to January 7, 4pm. Plan to arrive in DC by Sunday evening, January 4.
2. Lodging: You may stay over at friends/relatives but make sure to be at the assigned meeting venues on time. If you are staying in a hotel, somewhere around Dupont Circle, Farragut North or West (DC downtown) will place you closer to the meeting locations. Another option is to share an apartment together using sites like AirBnB.com or HomeAway.com.
3. Transportation: Please determine on your own how you will travel to Washington DC. It is recommended that you carpool with classmates (3-4 per car) to minimize cost.
4. Budgeting:
   a. Hotel room ~$240/night. If shared by 4 people, 3 nights, total = $180/person
   b. 6 meals - average $15 each meal = $90/person
   c. Metro ticket - $20/person
   d. Parking - $33/day. If 4 people carpooling, it will be $33/person
5. Dress: You may be doing a great deal of walking, so bring comfortable shoes. Dress should be professional, but comfortable. Please keep in mind that there might be snow or ice in January.
6. Contact information: Make sure to exchange cellphone numbers with those you are traveling or staying with. Shu Wen can be reached at 919-491-8881.
7. Agenda. A draft has been posted on the blog under DC Sessions, and will be finalized by Dec 15, 2014.
8. Options of places to go (if you have time / opt to extend your stay):
   a. United States Capitol
   b. United States Botanical Gardens (free admission, open 10am-5pm daily)
   c. US Supreme Court (open 9am - 4:30pm, M-F)
   d. Library of Congress (see www.loc.gov/visit/hours.html)
   e. The Mall, Washington Monument and various museums around it http://www.nps.gov/NAMA/ and http://www.si.edu/
   f. Tidal Basin and various monuments around it
   g. National Building Museum
   h. National Portrait Gallery and the American Art Museum

C3. Additional information for the Course Evaluation:
There will be a course evaluation that will be posted by Jan 11th. Please complete this by Jan 25th, 2015.

D. Course Grading
You will be graded for each assignment based on the matrix below. However, note that the late policy (deduct 5 points from grade if one day late; after that deduct 5 points for each 5 days paper is late) applies to each assignment.
<table>
<thead>
<tr>
<th>Assignment (pts)</th>
<th>Dimensions (pts allocated)</th>
<th>Due</th>
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<tbody>
<tr>
<td>Blog period 1</td>
<td>□ Clear, concise statement and synthesis of the issue and your viewpoint given the discussion questions provided (10 pts)</td>
<td>Oct 19, 2014</td>
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<tr>
<td>Entry/submission based on assigned topic (25 pts)</td>
<td>□ Includes appropriate use of pertinent resources, scientific literature, and graphics/photos/charts/ cartoons to make your points (10 pts)</td>
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<td></td>
<td>□ Sensitivity/awareness of other stakeholders’ interest, positions (5 pts)</td>
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<tr>
<td>Blog period 1</td>
<td>□ Includes appropriate use of pertinent resources, scientific literature, and graphics/photos/charts/ cartoons to make your points (10 pts)</td>
<td>Nov 2, 2014</td>
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<tr>
<td>Discussions/comments on assigned topic (15 pts)</td>
<td>□ Sensitivity/awareness of others’ interest, positions (5 pts)</td>
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<tr>
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<td>□ Includes appropriate use of pertinent resources, scientific literature, and graphics/photos/charts/ cartoons to make your points (10 pts)</td>
<td>Nov 2, 2014</td>
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<tr>
<td>Discussions/comments on another topic (15 pts)</td>
<td>□ Sensitivity/awareness of others’ interest, positions (5 pts)</td>
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<tr>
<td>Blog period 2</td>
<td>□ Clear, concise statement and synthesis of the issue and your viewpoint given the discussion questions provided (10 pts)</td>
<td>Nov 16, 2014</td>
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<td>Entry/submission based on assigned topic (25 pts)</td>
<td>□ Includes appropriate use of pertinent resources, scientific literature, and graphics/photos/charts/ cartoons to make your points (10 pts)</td>
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<td>□ Sensitivity/awareness of others’ interest, positions (5 pts)</td>
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<td>Washington, DC seminars (60 pts)</td>
<td>□ Timeliness to events (20 pts)</td>
<td>Jan 5-7, 2015</td>
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<td>□ Engaged in seminars based on questions and participation with panels (40 pts)</td>
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<td>DC Reflections (20 pts)</td>
<td>20 pts so long as this is done by January 18, 2015</td>
<td>Jan 18, 2015</td>
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<td>Course Evaluation (10 pts)</td>
<td>10 pts so long as this is done by January 25, 2015</td>
<td>Jan 25, 2015</td>
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<td>Total Possible Base points (200 pts)</td>
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**UNC Honor Code**

The principles of academic honesty, integrity, and responsible citizenship govern the performance of all academic work and student conduct at the University as they have during the long life of this institution. Your acceptance of enrollment in the University presupposes a commitment to the principles embodied in the Code of Student Conduct and a respect for this most significant Carolina tradition. Your reward is in the practice of these principles. Your participation in this course comes with the expectation that your work will be completed in full observance of the Honor Code. Academic dishonesty in any form is unacceptable, because any breach in academic integrity, however small, strikes destructively at the University's life and work. If you have any questions about your responsibility or the responsibility of faculty members under the Honor Code, please consult with someone in either the Office of the Student Attorney General (966 4084) or the Office of the Dean of Students (966 4042), or read “The Instrument of Student Judicial Governance” (http://instrument.unc.edu).